



Coconut-Pecan Bars

 Dairy Free

READY IN



130 min.

SERVINGS



16

CALORIES



201 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter softened
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon salt
- ☐ 1 cup flour all-purpose
- ☐ 2 eggs
- ☐ 1 teaspoon vanilla
- ☐ 1 cup brown sugar packed
- ☐ 2 tablespoons flour all-purpose

- ☐ 0.5 teaspoon salt
- ☐ 1 cup coconut flakes flaked
- ☐ 0.5 cup pecans chopped

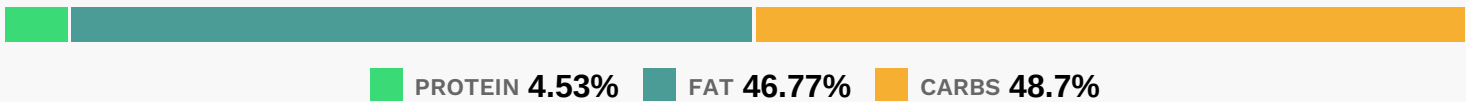
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Heat oven to 350°F. In small bowl, beat butter, granulated sugar and 1/4 teaspoon salt with electric mixer on medium speed until light and fluffy. Stir in 1 cup flour. Pat in bottom of ungreased square pan, 9x9x2 inches.
- ☐ Bake 12 to 17 minutes or until very light brown.
- ☐ Meanwhile, in medium bowl, beat eggs slightly with wire whisk. Stir in vanilla. Gradually beat in brown sugar just until blended. Beat in 2 tablespoons flour and 1/2 teaspoon salt; mix well. Stir in coconut and pecans. Carefully spoon coconut mixture evenly over baked layer.
- ☐ Bake 20 to 25 minutes or until golden brown and filling is set. Cool 10 minutes. Run knife around edges of pan to loosen. Cool completely, about 1 hour. For bars, cut into 4 rows by 4 rows.

Nutrition Facts



Properties

Glycemic Index:14.38, Glycemic Load:7.03, Inflammation Score:-2, Nutrition Score:3.8843478204116%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 201.06kcal (10.05%), Fat: 10.73g (16.5%), Saturated Fat: 4.31g (26.95%), Carbohydrates: 25.13g (8.38%), Net Carbohydrates: 23.7g (8.62%), Sugar: 17.06g (18.95%), Cholesterol: 20.46mg (6.82%), Sodium: 172.37mg (7.49%), Alcohol: 0.09g (100%), Alcohol %: 0.24% (100%), Protein: 2.34g (4.68%), Manganese: 0.37mg (18.51%), Selenium: 5.95µg (8.5%), Vitamin B1: 0.1mg (6.47%), Fiber: 1.43g (5.72%), Copper: 0.11mg (5.33%), Folate: 20.01µg (5%), Iron: 0.87mg (4.81%), Vitamin B2: 0.08mg (4.76%), Vitamin A: 219.4IU (4.39%), Phosphorus: 42.49mg (4.25%), Magnesium: 12.92mg (3.23%), Vitamin B3: 0.61mg (3.05%), Zinc: 0.4mg (2.66%), Potassium: 80.71mg (2.31%), Vitamin B5: 0.22mg (2.17%), Calcium: 21.27mg (2.13%), Vitamin B6: 0.04mg (2.12%), Vitamin E: 0.3mg (1.98%)